



May



FREE

**OUTER
CAPE**



Blood Pressure, Glucose and Nutrition Check

Drop-in for a free screening with a County Health Nurse and nutrition information on where to buy local food and maintain a healthy lifestyle.



Meet a County Nutritionist for information or a nutrition demonstration!

Orleans Senior Center, 150 Rock Harbor Rd.

Mondays, 10am - 12pm: May 1st, 8th, 15th, 22nd *No event May 29th



Meet with the Nutritionist May 8th, 22nd.

Eastham Senior Center, 1405 Nauset Rd.

Tuesdays, 9am - 11 am: May 2nd, 9th, 16th, 23rd, 30th.



Meet with the Nutritionist May 2nd, 30th.

Wellfleet Public Library, 55 W. Main St.

Thursdays, 10:30am - 12:30pm: May 4th, 11th, 18th, 25th.



Meet with the Nutritionist May 4th, 18th.

Truro Council on Aging, 7 Standish Way.

Tuesdays, 1 pm - 3pm: May 2nd, 9th, 16th, 23rd, 30th.



Meet with the Nutritionist May 2nd, 30th.

Provincetown Public Library, 356 Commercial St.

Wednesdays, 10:30am - 12:30pm: May 3rd, 10th, 17th, 24th, 31st.



Meet with the Nutritionist May 10th, 24th.



www.capecod.gov/BuyLocal4Health

